



The Week of May 30th-June 2nd

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What's coming up at camp?

Tuesday, May 30 was the first day of camp for the Summer Adventure Programs held at Franklin at Brimhall and Mesa Education Center. Half-day camps will begin on Monday, June 5.

All camps are offering weekly registration except for the Fit Kids camps which offer one registration for the entire 6-week camp. Most camps will conclude on Thursday, July 20 except for Summer Adventure full-day camp which will be offered at two locations for the final week of July 24-28.

Payment plans will not be available this year, so please plan accordingly. Full payment will be due at the time of registration. Fee assistance is available for Mesa residents, and provides a 50% discount for many of our youth programs. Please [visit our web site](#) for more information, and to download forms. Please ensure that your fee assistance is in place before registering, refunds will not be provided after registration has been completed.

Registration is [available online](#), or in person at 200 S. Center St. Bldg. 1, Mesa 85210, Monday through Thursday, 7am – 5:30pm. Please note that registration will be due by the Thursday prior to the start of the camp week.

Each camp has a calendar of upcoming events available. A welcome letter and calendar are distributed weekly to the families enrolled. Please ask the Site Supervisor at your camp location if you do not receive this information.

The week of June 5-June 9 is Super Hero week! All Boredom Buster camps have a super hero dress up day on either Wednesday or Thursday so check your calendar. Zaharis and Robson will enjoy popcorn and a movie on Tuesday. The Fit Kids camps will have Phoenix Children's Hospital visit on Tuesday and a Parent/Child Nutrition meeting on Wednesday. The Emerson site will also have a crazy sock day on Thursday. Let the fun begin!

Reminders

Information Sheets:

An information form needs to be completed for each child attending a summer camp. These forms will be provided upon check-in at the site locations. The forms are transported with the staff to the pool or on field trips so that they have the necessary information available at all times.

Lunch/Snack:

Please pack a lunch and am/pm snacks for full day camps. The camp will not be able to refrigerate, hold, or warm your child's lunch or snack. It is important that you label all objects with your child's name. Don't forget your water!

Photo ID required:

Parents/Guardians will be required to show picture ID to pick-up their child at least for the first week of the program or until staff begin to recognize who you are there to pick-up.

Field Trip Bus Transportation:

School bus and charter bus air conditioning systems are only capable of cooling a vehicle to 15-20 degrees below the outside temperature. For some participants, it may not be in their best interest to ride the bus to field trips on extremely hot days. The decision of whether a child rides or not will remain with the parent.

Contact Information

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What happened this week?

Summer Adventure – Franklin at Brimhall & Mesa Education Center:

This week was “Under the Sea” week at camp. Both all-day camps started on Tuesday, May 30th and were excited about the amount of brand new campers that have joined our programs. We are excited for what this summer will bring!

The Summer Adventure program at Franklin at Brimhall enjoyed swimming at the aquatic center next door on Wednesday and Thursday, a Hawaiian themed day on Thursday, and a bowling field trip on Friday.

The Summer Adventure program at Mesa Education Center enjoyed swimming at Rhodes Aquatic Center on Wednesday, a Smore Day on Thursday, and a bowling field trip on Friday.

The week was full of fun games, crafts, and activities to get to know the campers and staff involved with the summer programs. The Teen Leadership Training participants are sporting green t-shirts while the summer camp staff are wearing blue t-shirts. Please note that the camp staff will wear bright pink tank tops while at the pools with your children to be more visible.

Next week during the Summer Adventure program at the Franklin at Brimhall, the campers will enjoy swimming every afternoon from Monday through Thursday, have a crazy hair day on Thursday, and will visit Krazy Air on Friday.

Next week during the Summer Adventure and Boredom Buster camp at Mesa Education Center, the campers will celebrate all June birthdays on Tuesday, go swimming on Wednesday, have a tie-dye day on Thursday, and will visit Krazy Air on Friday.

Camp Photos



Field Trip Highlights

The Summer Adventure Camps held at Franklin at Brimhall and Mesa Education Center went bowling on Friday, June 2.



Summer field trips are included in the full-day camp registration called Summer Adventure. When space allows, the field trips are open for additional registration.

Planned summer field trips:

Friday, June 9	Krazy Air
Friday, June 16	AZ Science Center
Friday, June 23	Skateland
Friday, July 14	Stratum Laser Tag
Friday, July 21	Movies

Weekly Themes

Boredom Buster camps and the Summer Adventure Programs will have a theme to follow each week.

May 30-June 1	Under the Sea
June 5-June 9	Super Heroes
June 12-June 16	Build, Discover, Explore
June 19-June 23	Out of this World
June 26-June 30	Life is a Ball
July 3-July 7	Party in the USA
July 10-July 14	Live Life Out Loud
July 17-July 21	Pirate

Site Contact Information

Bush – 480.299.1390
 Emerson – 602.526.4678
 Franklin (Adventure) – 480.694.8538
 Franklin (Fit Kids) – 480.694.7385
 Ishikawa (MP/MM) – 480.389.8270
 Robson (BB) – 602.526.4672
 Robson (MFC) – 480.404.0350
 MacArthur – 480.276.8145
 Mesa Educ Center – 480.276.8457
 Superstition Springs – 480.268.3526
 Zaharis – 480.299.1294



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Attention Parents/Guardians

Children who are ill or who have had a fever in the past 24 hours may not attend summer camp. Please inform staff when a child's absence is due to a potentially infectious illness to allow staff to follow ADHS guidelines and inform other families of any potential risk.

Children that are not well enough to swim should not attend camp as we do not have extra staff to stay back at the site.

When a child becomes ill during the program, site staff will contact parents or another authorized party to pick up the child so that the illness can be treated at home. An isolated area will be provided for the child to rest until a parent or guardian arrives.

Reminders

Close-toed shoes only:

All participants must wear close-toed shoes during camp. Campers will not be allowed to participate in active games without proper footwear.

Electronics are not allowed:

Campers may not bring phones, iPods, game-boys, or any electronic devices that could be lost or stolen. Phones will be held in a locked box during camp.

Pool Days

Many of the camps will swim throughout the duration of the summer camp. It is important that parents complete the swimming information on the Summer Camp form accurately to help the staff understand the child's level of swim experience.

Please remember to apply sunscreen at home and send spray sunscreen with your child to reapply while at the pool. The camp staff are prohibited from applying lotion sunscreen to the children enrolled in the programs.

Summer Camp	Swim Day	Pool
Franklin at Brimhall – Fit Kids	Mondays	Brimhall
Emerson – Fit Kids	Wednesdays	Carson
Bush – BB	Wednesdays	Shepherd
Robson – BB	Thursdays	Stapley
Superstition Springs – BB	Thursdays	Brimhall
Zaharis – BB	Thursdays	Shepherd
MacArthur – All-Sports	Thursdays	Stapley
Franklin at Brimhall – SA	Mon-Thu	Brimhall
Mesa Educ Center – BB & SA	Wednesdays	Rhodes

Summer Tips

Ideas for a healthy snack:

- Spread peanut butter on apple slices or celery sticks.
- String cheese is an easy and fun snack for kids to eat.
- Applesauce pouch.
- Low fat yogurt with granola.
- You can never go wrong with fresh or dried fruit (apple, banana, raisins).

Please remember that the camp site will not provide a fridge to hold food or a microwave to heat snacks or lunch.



MAY: EGGS

May is **National Egg Month**! Nutrition powerhouses, eggs are a *very* affordable food that can be eaten any time of the day, some people even dedicate one evening a week as a “healthy egg supper night!”

CHECK OUT SOME VARIETIES OF EGGS DESCRIBED BELOW!

Eggs are a naturally nutrient-dense food, which means they have a high proportion of nutrients to calories. One large **egg** has *only* 72 calories and provides 13 essential nutrients! Eggs provide the highest quality protein found in any food because they provide *all* the essential amino acids our bodies need. In fact, one **egg** provides 6 grams of protein, or 12% of the *Recommended Daily Value*. Many of an **egg's** nutrients, including almost half of the high-quality protein and healthy monounsaturated and polyunsaturated fats, are found in the **egg** yolk. So be sure to eat this super-nutritious colorful center of the egg!



Interesting Egg Facts

- Nobody really knows when the first bird began laying **eggs** for humans to eat. Some historians believe that the date could be as early 3200 B.C, which is more than 5,000 years ago! Historical documents from Egypt and China show that birds may have laid **eggs** for people to eat as early as 1400 B.C. It is also believed that the first **egg**-laying chickens came to America during the voyages of Christopher Columbus in the 1400's.
- Sizes of **eggs** are classified according to ounces per dozen:

Jumbo	Extra Large	Large	Medium	Small	Peewee
30 oz.	27 oz.	24 oz.	21 oz.	18 oz.	15 oz.



- There is no nutritional difference between brown and white shelled **eggs**. Shell color is determined by the breed of the hen (female chicken) and is not related to quality, nutrients, flavor or cooking characteristics. Because birds that lay brown **eggs** are slightly larger than those that lay white eggs, brown **eggs** are usually more expensive than white.

Adapted from: <http://www.aeb.org/LearnMore/Eggcyclopedia.htm>

Eggs Tips!

- To make deviled **eggs**, peel and then cut hard-boiled eggs in half. Remove the hard yellow yolk and mix it with reduced-fat mayonnaise and seasonings (such as salt, pepper, paprika, relish, mustard, and/or finely chopped onions). Then, place mixture back into the whites.
- For an extra kick to scrambled **eggs**, add shredded mozzarella or cheddar cheese, some finely chopped onion, and/or some chopped peppers!
- For a quick and easy breakfast, make a vegetable **egg** omelet with slightly sautéed tomatoes, spinach, and green peppers.
- Keep hard boiled **eggs** ready in the fridge for a quick, peel-and-eat, nutrient-packed snack for your family.

Eggs Recipe!

WHOLE GRAIN BREAKFAST BURRITO – A QUICK AND HEALTHY BREAKFAST!

Makes 4 servings

Ingredients

½ lb. extra lean ground turkey breast

½ pkg. taco seasoning mix

8 eggs

½ cup salsa

½ cup reduced-fat cheddar cheese

4 small whole wheat tortillas

Brown lean ground turkey in non-stick skillet over medium heat until turkey is no longer pink. Add taco seasoning and follow package directions, using ½ the amount of water listed on the package instructions. Gently whisk eggs in small mixing bowl, and then pour over turkey mixture in skillet. As eggs begin to set/cook, mix gently to “scramble” the mixture. Continue to cook mixture until eggs are thickened throughout, but still moist. Gently mix in salsa and reduced fat cheese. Heat until cheese is melted. Spread turkey and egg mixture in the center of the whole wheat tortillas and then wrap to make a burrito.

Eggs Recipes!

HARD COOKED/BOILED EGGS

1. Place eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. Cover. Bring just to boiling, turn off heat and remove pan from burner to prevent further boiling.
2. Leave eggs covered, in the hot water, about 15 minutes for large eggs (12 mins for medium, 18 for extra large).
3. Run cold water over eggs or place them in ice water until completely cooled.

PAN-COOKED FRIED EGGS

1. For 1-2 servings, heat cooking spray in skillet over medium-high heat, until hot enough to sizzle a drop of water.
2. Break and place 2 eggs into pan. Immediately reduce heat to low.
3. Cook slowly until whites are completely cooked (they will be bright white in color) and yolks begin to thicken but are not hard. Flip eggs if desired to make eggs over easy.

SCRAMBLED EGGS

1. For 1 to 2 servings, in small bowl, beat together 2 eggs, 2 tablespoons skim or 1% fat-free milk (optional), and salt and pepper, to taste.
2. Heat cooking spray in skillet over medium heat, until hot enough to sizzle a drop of water. Pour in eggs.
3. As eggs begin to firm, gently move eggs around in pan to fully cook eggs using a spatula or flipper.
4. Continue cooking until eggs are thickened.

Make your scrambled eggs dirty! Try adding some (or all!) of the following items to your scramble:

- Cooked, chopped sausage
- Sautéed onions and/or peppers
- A bit of any type of cheese
- Sautéed spinach



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